

WOUNDED
Divorce Wounds
John 13:1-5

Robert's story (at least the first part of it!) breaks my heart. Few things in life are as painful as the agonizing death of a marriage. Yet, that pain will affect more than 50% of marriages in the United States. By extension, there is probably not one person listening to me that has not been affected by the tragedy of divorce in some way, whether directly or indirectly. We ALL feel the pain of divorce.

But no one feels the pain of divorce like those that endure it in their own family. Maybe your parents divorced and you have had to deal with the pain of their separation for much of your life. You may even feel like you were somehow responsible for the divorce (You weren't!), and you now struggle with grief compounded by guilt. Or, maybe your spouse divorced you. Maybe you DID NOT WANT that divorce to happen, and you did all that you could to PREVENT it. On the other hand, maybe you CHOSE the behaviors that brought the divorce about, and now you feel shame and guilt over what you have done. **No matter which one of these situations describe your situation, you find that you are currently WOUNDED and IN PAIN. What now?**

[NOTE: Even if you have not been divorced or have not had a close family member or friend go through a divorce, you can still LEARN how to HEAL from the relational wounds discussed in this message. These are TRANSFERABLE PRINCIPLES that work in every human HURT and every human HEART.]

NEWS FLASH: Everyone gets wounded. Everyone has scars. Since this is true, we each have a decision to make about what we will DO once we have been wounded. **We can live as VICTIMS, or we can become VICTORS by the way that we MOVE WITH CHRIST THROUGH OUR PAIN in order to FIND HEALING. All healing APART from God is simply TEMPORARY.** God is the only Intimate, Eternal, and Ultimate answer to our wounds because he is our SOVEREIGN WOUNDED HEALER. **But this healing is NOT AUTOMATIC. It will take TIME! It will require that you open your HEART and your MIND to what the Spirit of God says to you; not just during this message, but in the days to come as he walks you through your healing and helps you to GROW.** And he will not simply do this FOR YOU. He wants his children to learn how (and then CHOOSE) to GET CLOSE TO HIM when they experience great pain. It is the SECRET to a satisfying life and spiritual health.

I am not under any illusions about the nature of divorce. It is seldom if ever caused by one act of betrayal. More often than not, it is the culmination of years of failed intimacy and miscommunication and neglect and harsh words and hurt feelings and unmet expectations. But divorce reveals itself in that awful moment of betrayal when one partner concludes that there is NO MORE HOPE and NO REASON to keep on trying to stay together. It is a BETRAYAL, and it feels like a DEATH. And to my

dying day, I will continue to believe that it does NOT HAVE to happen. But like so many other troubles and tragedies in this life, it does happen. Broken world.

Jesus was never married, of course. But he did have deep relationships with several key people, and he was WOUNDED by EVERY ONE OF THEM at some point in his life on earth. Think about that for a moment. **In fact, he was actually rejected at some point by every person that he came to seek and to save. That kind of rejection would put every one of us in the fetal position for the rest of our lives!** Jesus not only rose above it, he continued to love those that rejected him. If he had not, none of us would be here today talking about him! I think that we need to take a glance into his heart during the awful moments of his ultimate betrayal and abandonment.

John 13:1-5 NIV

1 It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end. 2 The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. 3 Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; 4 so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. 5 After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

Jesus was facing his final hour of temptation and trial. He knew that he was going to be crucified within a matter of hours. He knew that his closest friends were going to abandon him. And he knew that one of his disciples was going to BETRAY him and hand him over to his enemies. But Jesus had a perfectly healthy heart, and he was able to endure those acts of rejection without being destroyed by them. He was able to do this because of what he rejected and because of where his heart was hidden!

Jesus's HEART stayed SECURE in his FATHER'S LOVE. (Vs. 3)

*Jesus "knew who he was" and he knew what the Father thought of him! God was pleased with Jesus. He trusted Jesus with absolute authority. Jesus was so secure in his Father's love that he spent the next few hours telling his disciples to ABIDE in him as the True Vine and to listen to the Holy Spirit as he leads them in the days to come. He told them about heaven. He made sure that they KNEW how much he loved them. **(John 14-17) All of this was possible because his HEART was SECURE in his Father's love, even when the Father allowed him to suffer.**

If you want to heal, you HAVE to pay attention to your own HEART. You need to know what has DAMAGED your heart and how that may be making you and your relationships sick. And you need to learn how to HIDE YOUR HEART in God in a way that will allow you to love and forgive others freely! You CANNOT do this on your own. Thankfully, you do not have to! Our living Savior is an EVER PRESENT HELP!

You must IDENTIFY the LIES that have been written on your heart.

Wounds give opportunity for the enemy to write lies on our hearts that affect our relationships without us realizing it. Many times, the reason why our relationships fail is not because our spouse did not love us enough but because we simply believed that we were unlovable. These lies can affect our relationship with God in similar ways. Our enemy is ruthless!

Do you realize how many LIES the enemy has written on your heart?

You are UNLOVED, UNWANTED, UGLY, HOPELESS, STUPID, and UNWORTHY.

You DESERVE to be ABANDONED, REJECTED, HUMILIATED, and CONTROLLED.

These lies may have come directly to you through WORDS that were spoken to you early in life by people that should have protected us. But these lies can also be INTERPRETATIONS that we made ourselves after going through some tragedy or trauma in life. **[PARENTS: Are you helping your kids filter their wounds?]**

You must take the time to EXAMINE your heart to see WHICH LIES have been affecting your life.

[See [The Heart of Remarriage P. 57-58](#)]

You may need to WRITE DOWN the lies you struggle with on paper so that you can see what you have been ACCEPTING as true in your life. Ask God to REVEAL these lies to you as you attempt to recall them. Don't dismiss ANY lie as insignificant or unimportant. Each lie has a damaging effect on you.

Along with these lies, **you need to also acknowledge how you have accepted them and acted on them wrongfully. Our acceptance of these lies is what leads us to MAKE IDOLS of our relationships on this earth.** Lisa and I did this early on in our marriage. It took the initial FAILURE of our intimacy and the revelation of our brokenness to make us place Jesus ABOVE each other in our marriage. **I MAKE A TERRIBLE GOD!** Jesus never made an idol out of any of his relationships with other people. When we make an idol out of someone, we put them in the impossible position of having to supply everything that we need in order for us to be HAPPY and WHOLE. And no other human being can live up to those expectations! It is destined to fail. Moreover, **our refusal to examine our hearts will make us RESIST the idea that WE HAD ANY PART in the failure of the marriage!** **This was a disaster for you then, and it will continue to be a disaster for you in the future.**

70% of 2nd marriages end in divorce! This is often because people do not DEAL with the baggage that they carry from their first marriage.

-They do not OWN the PART that they had in the failure of the marriage.

-Repentance is a NECESSARY part of healing.

*This will only happen when you take the time to carefully examine your heart before God to learn where you failed to act in love.

- The failure to SEE this will cause you to REPEAT it in later relationships.
- *The proper action of repentance is CONFESSION.** To God and to your ex!
- You should NEVER HURRY to REMARRY. You need time to heal! Seek help!
- [\[CHC STANDARD IS AT LEAST ONE YEAR\]](#)

TRULY, the heart of God is that you WORK to rebuild your current marriage if it is in trouble, and that you seek to RECONCILE your marriage even after your divorce if it is still possible for you both to do so.

But healing will not come just because you identify the lies that have been etched on your heart and repented of the way that you acted on them. **You must then learn to REPLACE those lies with the TRUTH OF GOD.** God's word needs to be the new message that your heart hears and embraces. This is really all about KNOWING WHO YOU ARE IN CHRIST. **A KEY ASPECT of your healing will depend upon your ability to EMBRACE your IDENTITY IN CHRIST. You will hear this again!**

You must choose to WRITE GOD'S TRUTH on your heart.

Like Jesus, you need to know, REALLY KNOW, who you are and what your destiny is.

Do YOU know how precious you really are to the Father because of the Son?

- *You are loved, forgiven, accepted, righteous, and holy in him.
- *You have been CHOSEN by God.
- *You are FEARFULLY and WONDERFULLY made in the IMAGE of God.
- *The thoughts of God about you outnumber the hairs on your head!
- *You are FOREVER HIS and he will NEVER FORSAKE YOU!
- *You are God's WORKMANSHIP and you can never FAIL! He finishes what he starts.

There are 3 SPECIFIC WAYS that you can begin to write God's truth on your heart:

***First, take the TIME to MEDITATE on God's word regularly.**

- This cannot be rushed. [Seriously!!](#)
- You do this with the goal of HEARING GOD SPEAK to you through his Word.
- You must learn to really THINK about what you are reading.
 - *Read it out loud. Read it in different versions. Talk to Jesus about it!
- PERSONALIZE what you are reading. "For God so loved Rick Sayger . . . "

***Second, make an effort to MEMORIZE Scripture.**

- Memorize PASSAGES, not just verses!
- Keep them before your eyes where you can see them daily.
- Rehearse them when you are tempted by the old lies of Satan!

***Third, bring the truth straight to your heart through PERSONAL WORSHIP!**

- Choose to keep worship songs playing in your house/head all day long.
- Keep an environment of worship around you as often as possible.

-Learn how to PRAY the Scriptures as an act of worship.

READ ROMANS 8:31-39 NIV

31 What, then, shall we say in response to these things? If God is for us, who can be against us? 32 He who did not spare his own Son, but gave him up for us all--how will he not also, along with him, graciously give us all things? 33 Who will bring any charge against those whom God has chosen? It is God who justifies. 34 Who then is the one who condemns? No one. Christ Jesus who died--more than that, who was raised to life--is at the right hand of God and is also interceding for us. 35 Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? 36 As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." 37 No, in all these things we are more than conquerors through him who loved us. 38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

How do you think your life would change if you REALLY believed what God says about who you are in Christ? If you knew that you could not really FAIL even when you fall flat on your face, and if you believed that you would never DIE even when your body is wasting away, it would revolutionize the way you live your life! But you see, a relationship with Jesus is not just about believing some ideas about him and his teachings. It is about GROWING CLOSER to him even as you struggle. He will NOT FAIL you!

Jesus loved his disciples even when he knew they were about to fail him miserably. He loves you the same way. You will not push him away by your failures and inadequacies. He is committed to your success. He died and rose so that you can have everything you need for life and godliness, and he will see you right through the gates of glory! Just take the time you have on this earth to move toward genuine intimacy with him. It will happen slowly and surprisingly as it happens in all great relationships.

Jesus is your wounded Healer, and he will take your wounds and turn them into something beautiful. Will you let him?

Let's pray.